

providing an online site that enables wellness-related databases to be accessed from at least one of a sponsored and a non-sponsored portal;

placing in communication at least one of a sponsored and non-sponsored portal to the online site through the publicly accessible distributed network wherein the publicly accessible distributed network includes the Internet, wherein the sponsored portal is at least in part sponsored by and located at, a fitness center, and wherein at least one of the non-sponsored portals accesses the on-line site through the Internet;

receiving a request at the online site requesting access to the wellness-related databases;

processing the request at the online site to determine whether the portal was sponsored and whether the request was received from an authorized user; and

responding to the request based in part on whether the portal was sponsored and whether the user is authorized.

82. A method as in Claim 81, wherein the method further comprises obtaining fitness-related data from the user through the sponsored portal at the fitness center, entering the fitness data for the user into the database, and providing access to the user to the fitness data through the non-sponsored portal through the Internet.

83. (Amended) A method as in Claim 82, further comprising automatically assigning the user to a control group based on user attributes.

84. A method as in Claim 83, further comprising providing fitness advice and goals to the control group, wherein the advice and goals are at least in part a result of the group result

data.

85. (Amended) A method of providing wellness-related services, including at least one of wellness, health, or fitness services through a publicly accessible distributed network to authorized users using authorized portals, comprising:

providing an online site that enables wellness-related databases to be accessed from at least one of a sponsored and a non-sponsored portal; and

placing in communication at least one of a sponsored and non-sponsored portal to the online site through a publicly available distributed network;

wherein at least one of the sponsored portals includes a computer display located in a fitness center, wherein the method further comprises providing access to the authorized users at both the fitness center sponsored portal and the non-sponsored portals, wherein the authorized users are able to enter fitness-related data selected from the group consisting of workout plans, workout goals, weight training plans, weight training weights and weight training repetitions at the fitness center and view the fitness data from the non-sponsored portals.

86. (Amended) A method of providing wellness-related services, including at least one of wellness, health or fitness services to an authorized user through a distributed communications network, comprising:

identifying a portal with a portal identifier;

storing the portal identifier associated with the portal in a database;

receiving a request from the portal by an online wellness-related site;

processing the request at a controller to determine whether the request was from the portal;

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assigning an access code to the user, the access code defining a level of wellness-related services available to the user;

providing services to the user through the distributed network that corresponds to the user's access code;

providing at least one control group, wherein each control group includes at least one authorized user; and

assigning the user to one of the control groups, wherein the assigning is done automatically based on user attributes.

87. A method as in Claim 86, wherein the services providing step comprises providing information or goods to the user based upon the control group to which the user has been assigned.

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88. (Amended) A method as in Claim 86, further comprising the step of creating practical workout guidelines and workout advice for the control group, wherein the services providing step comprises providing a user improvement plan for the user, and the user improvement plan is selected to be related to the practical guidelines and advice for the control group.

89. (Amended) A method as in Claim 88, wherein the user improvement plan is at least in part based on the collective workout related attributes of the control group.

90. A method as in Claim 86, wherein each control group includes group result data, the method further comprising the steps of:

providing the result data to the portal;

storing the result data to the group result data for the authorized user's control group; and

adjusting the user improvement plan for each user in the authorized user's control group based on the stored group result data.

91. A method as in Claim 88, further comprising the step of providing an alarm signal to a system administrator if the user improvement plan for the users in the control group needs to be adjusted.

92. The method as in Claim 88, further comprising:

storing result data for the authorized user; and

assigning the user to a new control group based on the stored result data for the user.

93. (Amended) A method of providing wellness-related services, including at least one of wellness, health, or fitness services through a distributed communications network, wherein the network is coupled to an on-line wellness related site and to a plurality of sponsored portals located at fitness centers and non-sponsored portals the method comprising:

receiving a request from one of the sponsored or non-sponsored portals by the online wellness-related site;

processing the request at a controller to determine whether the request was received from

an authorized user;

providing services to the user through the distributed network;

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determining whether the request was received from one of the sponsored portals located at fitness centers; and

controlling the services available to the user based at least in part on the results of the determining step, wherein a different level of services are provided to the user based at least in part on the results of determining if the request came from one of the sponsored portals located in a fitness center.

94. (Deleted).

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95. (Amended) A method as in Claim 83, further comprising the step of creating practical guidelines and advice for the control group, and wherein the services providing step comprises providing a user improvement plan for the user, the user improvement plan is selected to be similar to the practical guidelines and advice for the control group.

96. A method as in Claim 95, wherein each control group includes group result data, the method further comprising the step of:

providing result data to the portal;

storing the result data to the group result data for the authorized user's control group; and

adjusting the user improvement plan for each user in the authorized user's control group based on the stored group result data.